



ONGOING 'DISCOVER CHAIR YOGA' WORKSHOP

AT YOGA HAPPENS HERE

YHH has turned our first 4-Week Chair Yoga Workshop into an ongoing workshop! Participants can join at any time. It's a great way to try chair yoga or deepen your practice!

Chair yoga is great for individuals of all levels of yoga experience including seniors, those with medical conditions that require more stabilization in exercise and movement, those that sit for prolonged periods of time (at an office, for example), and those who travel frequently. It's also a great way to learn to incorporate yoga into your other daily activities!

Ongoing Workshop Wednesdays at 10am

\$15 per class OR save with packages:

5 Classes for \$70 OR

10 Classes for \$130

Yoga Happens Here

512 Court St. - Pekin

JOIN US!

Drop In or Register

Online at

yogahappenshere.com